

# Wake up! Year of the Yin Fire Rooster

(AKA Firebird, Red Cock, Red Chicken, Red Phoenix)



January 28<sup>th</sup>, 2017 launches the Lunar New Year, marked by the 2<sup>nd</sup> new moon following Winter Solstice. Losar, the Tibetan New Year is February 27<sup>th</sup>. The Solar Chinese New Year always begins on Feb. 4<sup>th</sup>.

We are in that overlap period where the Monkey's influence is fading, and the Rooster has not yet made himself totally present. One of the last big Fire Monkey surprises was the shocking election, and in this case - the Red Cock flew in simultaneously to announce the lowest frequency manifestation of himself. More on that later.

**We will enter the Dön Season**, beginning 10 days before Losar, heralding a time when inner and outer obstacles may appear. It is beneficial to pay close attention to what arises and listen to the messages - as invitations to wake up. As we reflect on the past year and deepen our awareness, it's also the most beneficial time to do energetic and physical clearings of our spaces, make Feng Shui adjustments, and meticulously clarify our aspirations for the coming year.

The potentials of the year can show up in ourselves and others either in a very unevolved way, or as a higher expression of those qualities. Using the principles of the 5 elements and Asian astrology blended with my intuitive perceptions, this article is in no way meant to be predictive, but simply a map of various tendencies, opportunities and challenges to be mindful of this year.

**Rooster in many ancient cultures** is considered a sacred and honored bird. He is known to dispel evil spirits, and the Rooster itself actually shields the shaman from any harmful spirits. In Korea, Rooster symbolizes hopeful beginnings. The Rooster's crest is representative of a crown - a symbol of great intelligence, leadership and insight. Good to remember these attributes!

**Elements:** The ruling Fire element conflicts with the completely Metal element of Rooster. Because Fire destroys Metal in the 5 element cycle, this promises to be a year of immense changes, conflicts and doubled challenges. Although the Fire Rooster is a masculine creature with many Yang traits, the Yin aspect of the year speaks to an inner, hidden, and sometimes covert aspect to be aware of.

**The Metal element** signifies intellectual sharpness, focus and keen intuition, using strategic and organized planning, taking a more practical strategy in achieving goals.

**The Fire element** heats everything up and intensifies both internal and external aspects: Inner warmth and insight, enthusiasm, passion, sociability, and talking. Lots of loud talking. On the not so positive side we can see aggressive, vicious, hot tempered, forceful, self-aggrandizing behaviors.

**This element clash** indicates a very bumpy year, alternating between extremes - winning and losing, failure and success, defeat and fortune, action and reaction, upheaval / uprising and transformation, making it a potentially stressful year. With indicators for much controversy and divisiveness, a good idea to avoid fanning conflicts. Nations can puff up like Rooster, flexing muscles and making threats. Concerned with protecting homeland, offenses can be taken over the smallest thing. Not a good time to underestimate opponents. Be realistic. Adapt a steady 'chop wood carry water' way rather than impulsive speculative endeavors. This is year of careful research and of asking tough questions.

**Rooster announces the dawn** with his loud commanding crowing – always in perfect timing with the rising of the sun. In many cultures he is strongly associated with the Sun and what it symbolizes - light, heat, life, bringing hope and transformation. He prompts us to get up and get on with it, and at his best, Rooster awakens us to our purpose, to who we truly are. Sometimes it can be a rude awakening. Focused and in charge, Rooster prods us to stand up and speak up loudly for what we believe in, to take right action, to be proactive. Perseverance and resilience are Rooster traits as well. Absolutely not a year to be lazy, indecisive or hesitant - and by resisting change, we may be more like chickens with small vision, scratching and pecking for every grub and worm. A communal bird, Rooster year favors joint ventures and joining forces with others to facilitate big change.

**A Guardian and Protector** of life, Rooster protects his community. Strutting his stuff and puffing up with pride of his flock, how fiercely this egoic leader defends his hens! But Rooster can squawk arrogantly about his abilities, becoming a very cocky and territorial beast. The superior expression is to embody *'Noble Pride'* (love that term!) by stepping into our power, self-confidence, and positive leadership. This is inner work, the Yin aspect. Feeling secure in ourselves at the deepest level is called for to expand into our larger selves and trust in the bigger vision. Being a great visionary is one of Rooster's chief qualities. Make sure to maintain strong boundaries, a good protection from energy leaks and being pulled down into the mire.

**Honesty vs Deception.** The respectable Rooster greatly values honesty, truth and justice, with self and with others. It serves us well to be brutally honest with ourselves and discern what truly needs to be discarded in order to move forward effectively. Direct, transparent honesty and unwavering dedication to the truth. Doing the right thing and striving to take the high road will help to avoid feeding the fires. The down side is that we may see a lot of posturing and posing, dishonest, secretive and deceptive behavior. The only thing we have control over is our own conduct, but we can also be discriminating and alert to these behaviors in others.

**Rooster loves Beauty.** Creating, expressing and surrounding yourself with beauty in your appearance, your environment, artmaking, etc. will offer healing and support in navigating the year. Allow your inner beauty to shine out and be expressed majestically. Proud of his appearance, this charming stylish bird loves to display its plumage. Putting great effort in perfecting his image, is at times overly concerned with what type of impression he makes on others. Lookout for empty impressions and empty posturing this year. What you see is not always what you get.



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**Virgo.** Rooster is most closely associated with the sun sign of Virgo in Western Astrology. As with Virgo, Rooster attributes include: skillful organization, precision, attention to detail, strategic planning, good work ethic, meticulous, reliable, punctual, logical, responsible, motivated, dedicated, efficient, persevering in achieving their goals. They exemplify the valued principles of honesty, purity, and high morals for doing the right thing.

**Being perfectionists,** Roosters always like to win and love to be praised for doing a superior job. they can cop a know it all attitude, contributing to the challenging aspects of cutting criticism, bossiness, fussiness and controlling behavior. We may see this behavior in others, and when we feel it come up in ourselves, try adapting Beginner's Mind, the I - don't - know - mind to cultivate flexibility and openness. If we feel we know everything, there's no room for any openness, growth or connection.

**Fire Rooster Gifts:** dedicated, noble, honest, caring, colorful, artistic, effective, efficient, generous, accurate, focused, disciplined, courageous, charismatic, intelligent, savvy with finances, ambitious, realistic, logical, practical, brilliant problem solvers, audacious, hopeful, pure, righteous, just, intuitive, transformative.

**Fire Rooster Challenges:** hot tempered, superficial, tactless, arrogant, critical, overly obsessed with details, egotistical, aggressive, vindictive, belligerent, secretive, blame, self-aggrandizing, jealous, know it all attitude, dishonest, deceptive, impatient, stubborn, blindly persevering, winning at any cost, overly controlling behavior, impatience, stubbornness. (Trump exemplifies all of these)

## **PHOENIX – Highest Expression of Fire Rooster and Potential for Personal Evolution!**



**Phoenix**, the mystical sacred fire bird comes to earth to foretell great events for human beings. A symbol of one's greatest aspirations, Phoenix epitomizes grace and beauty, has the ability to regenerate itself when wounded, and can magically rise from the ashes to overcome all obstacles - creating opportunities for new beginnings. Like a **bolt of lightning** coming from the heavens, Fire Phoenix can suddenly deliver flashes of insight and gifts of brilliance when least expected. Phoenix is endowed with all the magical qualities of auspiciousness: longevity, resurrection, the solar and alchemical fire, and supports us to strive to keep our beak to the wind and consciously seek ways to grow and transform.

**Feng Shui Chart for 2017:** The center ruler of the Lo-Shu or Magic Square is 1 Water, signifying a year of *communication* at its core. Networking, engaging our communities to affect change, connecting with the ancestors to transform the present, and accessing deep wisdom, including ancestral wisdom. Cultivating flexibility and a going with the flow attitude will be useful and necessary navigational tools.

**Numerology. #1 year:** creative, strong and productive, revolution, standing up, independence, leadership, out with the old in with the new, and great achievement. It is the Magician card in the Tarot which is powerful committed conscious action based on true and higher purpose. Creates miracles!

### **Guidelines and Tips for Navigating the Year**

- **Best to stay practical** with endeavors, rather than overly emotional. Conscientiousness, hard work, discipline, and maintain a realistic outlook. Choose battles wisely, keep to the high ground, avoid engaging in petty arguments.
- **Be like the Phoenix.** Seek ways to transform, stay committed to aspirations, trust in the Magic.
- **Forgiveness and Compassion** practices will be extremely beneficial for not only working through your own patterns but in joining with others to enact transformational change and lessen divisiveness. Compassion in action, be proactive. All bad behavior is simply a cry for love. Look for common ground with others and strive to see basic goodness in all beings, no matter how deeply buried it may seem. An effective practice is Feeding your Demons developed by Lama Tsultrim Allione.  
<http://www.lionsroar.com/how-to-practice-feeding-your-demons/>
- **Spiritual or Wisdom** practices –commit to what works. Hang with folks that brings our energy up, that

inspire, not drain. Vital to keep our frequency up.

- **Grounding and Breathing** tools for centering and taking effective action, and remaining flexible.
- **Truth and Beauty** are key principals this year and can be tremendously healing. Recognize and express our inner and outer beauty and work with and speak our deepest truth. Connect deeply with the elements and spirits of Nature, our greatest teacher.
- **Wake up!** Wake up to and face the truth of the reality around you, and within you. **Stand up, Speak up, Step up** for what you believe!!! Awaken to your purpose. Learn to channel these intense energies, transform anger, be proactive, take charge of your own life, step into your power, and do not hold back. Do not allow self-criticism to stop you.

### **Allies for Support in 2017**

**Trees.** Help us with aligning, centering, grounding, connecting to the Earth. They connect us to an awareness of something bigger, teach us about communication and the network of community. Dendrolatry is the study of the way we love trees. Offering safety, stability and security, healing and comfort, trees give us a sense of place and connect us with the sacredness in the landscape in its many dimensions. The alchemical process of photosynthesis teaches us about transmutation. Hug a tree, develop relationships with trees...we can learn by osmosis from these wonderful teachers. Offer them blessings.

**Gold.** Representing the Sun, wealth, growth, accomplishment and mastery, gold holds the archetypal masculine energy. It's fire element frequency assists in expressing our own energy, promotes vitality, creativity and expansion, joy and optimism – helping us move through fear. It offers protection, strengthens confidence, connects us with our innate wisdom. Incredibly grounding, pure gold is very healing and aligning. Try working with gold coins. Gold symbolizes our spiritual aspirations and alchemical transmutation, and transforms negativity.

**Silver.** Symbolizing the Moon and archetypal feminine energy, silver is calming, patient, purifying, supports intuition, attunes the emotional self. Silver assists in going within to deeply connect with mysteries and perception of the truth. Helps us connect with nature.

**Water.** Will continue to be a global issue for a long time. Being around and in Water is so wonderful for calming emotion and nervous system, purifying and clearing, and helping with flexibility on all levels. Bless Water often, and stand up for Water!

Blessings for an amazing 2017!

Love, *Gaela*



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